



BARRIER(S)

A LOVE STORY

WRITTEN BY

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DIRECTED BY

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**content warning
& self-care guide**
(contains heavy spoilers)

deafinitely
tttheatre

contents

- **About the show**

contains spoilers - full summary of the show's storyline

- **Content guidelines**

contains spoilers - what is included in the show

- **Helplines and support**

contains spoilers - if you have been affected by themes in the show, we have a list of helplines you can reach out to for support or information

- **Self-care suggestions**

tips to calm down and ground yourself if you are upset or triggered by the show

about the show - contains spoilers

skip this section if you want to avoid spoilers

Barrier(s) tells a story about a deaf/hearing couple surviving a world that keeps putting up barriers. Alana, a journalist, and Katie, a teacher, meet in a party and really hit it off.

Alana moves into Katie's flat to start living together. Together they have a few heartwarming moments, where they get to know each other more intimately. However, they also start to argue with Alana being dismissive of Katie's concerns about accessibility while Katie stands her ground.

Katie starts to talk about wanting a baby, but Alana is initially reluctant but starts to warm up to the idea.

Alana proposes to Katie and then, after some struggles with doctors, they have a successful IVF treatment. Katie is now pregnant! They are overjoyed, until tragically, Katie has a miscarriage a few weeks in.

Fed up with how disabled stories centre around tragedies, Zoë, who plays Katie, breaks character and stops the show. Em, who plays Alana, nervously complies but soon joins in Zoë's anger.

The show ends with the final message about how we should start exploring disability joy, instead of putting them in sad stories.

content guidelines - contains spoilers

skip this section if you want to avoid spoilers

Show information

The show will last for approximately 1 hour and 45 minutes with 20 minutes interval. It will be a mix of British Sign Language (BSL), spoken English, and captions.

Age guidance

The show is suitable for audiences aged 16+.

The show contains:

- Use of strong language
- Themes of pregnancy and pregnancy loss
- Themes of hearing loss discrimination (audism)
- Projected images
- Loud noises

If you require any further specific information, please email us at info@deafinitelytheatre.co.uk.

helplines & support

If you have been affected by the content or themes of this show, you can reach out to:

SignHealth

We are a passionate and caring deaf-led team working towards a future where there are no barriers to good health and wellbeing for deaf people.

<https://signhealth.org.uk/>

Shout

Text **DEAF** to **85258** a trained crisis volunteer will respond and reflect on what you've said. They will invite you to share the information you feel comfortable with.

<https://www.crisistextline.uk/>

Miscarriage Association

The Miscarriage Association is here to provide support and information to anyone affected by miscarriage, ectopic pregnancy or molar pregnancy. (video call & live chat options available for deaf people)

<https://www.miscarriageassociation.org.uk/>

helplines & support

If you have been affected by the content or themes of this show, you can reach out to:

RNID

Together, we will end the discrimination faced by our communities, help people hear better now and fund world-class research to restore hearing and silence tinnitus.

<https://rnid.org.uk/>

Deaf Rainbow UK

We aim to provide information and resources for Deaf LGBTIQIA+ people and everyone else.

<https://deafrainbowuk.org.uk/>

Mind - LGBTQIA+ Mental Health

Gives information about mental health support for people who are lesbian, gay, bisexual, transgender, queer, intersex, asexual or questioning (LGBTQIA+).

<https://www.mind.org.uk/>

helplines & support

If you have been affected by the content or themes of this show, you can reach out to:

TransActual

A useful resource for understanding the legal implications of the Supreme Courts ruling on April 2025

<https://transactual.org.uk/know-your-rights/>

Intersex Equality Rights

A website that is dedicated to campaigning for inclusion, equity and representation in all spheres of society and to support organisations to include people with diverse sex characteristics.

<https://www.intersexequalityrights.com/>

Interconnected UK

An organisation dedicated to supporting people with I/VSC and their communities to be self-accepting and self-advocating.

<https://www.interconnecteduk.net>

self-care suggestions

Watch with someone

If you find any of the content warnings above concerning, bring someone you are comfortable with and trust when going to watch the show.

Talk to someone

If you find the content distressing, try talking to someone you trust or reach out to one of the organisations above.

Seek venue support

Venue staff are there to help you feel comfortable and secure. If you need to step out of the performance and would like a quiet place to sit, they will be able to show you where this is and check on you.

Regulate your breathing

Control your breathing helps to calm your nervous system. Inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds. Repeat this as many times as you need.

self-care suggestions

Use your senses

Focusing on your senses helps you to ground yourself. Notice what you see, smell, hear, feel, and taste.

Give yourself time to process

Be gentle on yourself and allow yourself time to process your thoughts and emotions in a safe place.

Go out for a walk

Going on a walk helps you to put some distance between you and the distressing situation and feel grounded.

Know when to step away

There is no shame in needing to step away when it becomes too much for you to handle. You can leave at any time during the show.

**Thank you for coming
and we hope you enjoy the show!**

If you have any questions or require
more information, you can email us at:

info@deafinitelytheatre.co.uk

or visit our website at:

<https://www.deafinitelytheatre.co.uk/>